

CLAIMS

1. A pharmaceutical or dietary composition consisting essentially of (a) one or more vitamins, (b) one or more minerals, (c) one or more trace elements, (d) DHA, and (e) a
5 pharmaceutically or dieterically suitable carrier.
2. A pharmaceutical or dietary composition according to claim 1, wherein one or more vitamins is selected from the group consisting of β -carotene, Vitamin B₁, Vitamin B₂, Vitamin B₆, Vitamin B₁₂, Vitamin C, Vitamin D₃, Vitamin E, Folic Acid, Biotin and
10 Niacinamide.
3. A pharmaceutical or dietary composition according to claim 1, wherein one or more trace elements is selected from the group consisting of Chromium, Copper, Iodine Molybdenum and Selenium.
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4. A pharmaceutical or dietary composition according to claim 1, wherein one or more minerals is selected from the group consisting of Iron, Zinc and Magnesium.
5. A pharmaceutical or dietary composition according to claim 1, wherein the weight
20 ratio of DHA to at least one of the vitamins selected from Vitamin D₃ and Biotin is from about 500:1 to about 100,000:1
6. A pharmaceutical or dietary composition according to claim 2, wherein the weight ratio of folic acid to Vitamin B₆ is from about 1:1 to about 1:8.
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7. A pharmaceutical or dietary composition according to claim 1, wherein the weight ratio of DHA to at least one trace element selected from Chromium, Copper, Iodine Molybdenum and Selenium is from about 500:1 to about 20,000:1.
- 30 8. A pharmaceutical or dietary composition according to claim 4, wherein the weight ratio of Iron to Magnesium is from about 10:1 to about 1:2.

9. A pharmaceutical or dietary composition according to claim 1 which is in the form of a capsule, tablet, bead or lozenge.
- 5 10. A pharmaceutical or dietary composition consisting essentially of
- (a) a multi-vitamin mixture consisting of β -carotene, Vitamin B₁, Vitamin B₂, Vitamin B₆, Vitamin B₁₂, Vitamin C, Vitamin D₃, Vitamin E, Folic Acid, Biotin and Niacinamide;
 - (b) a mineral mixture consisting of Iron, Zinc and Magnesium ;
 - 10 (c) a mixture of trace elements consisting of Chromium, Copper, Iodine, Molybdenum and Selenium;
 - (d) DHA; and
 - (e) a pharmaceutically or dietetically suitable carrier.
- 15 11. A pharmaceutical or dietary composition according to claim 10, wherein the weight of the active ingredients (a) to (d) in unit dosage form is from about 150 to about 700 mg.
12. A pharmaceutical or dietary composition according claim 10 consisting
- 20 essentially of
- (a) from about 100 to about 160 mg of a multi-vitamin mixture consisting of β -carotene, Vitamin B₁, Vitamin B₂, Vitamin B₆, Vitamin B₁₂, Vitamin C, Vitamin D₃, Vitamin E, Folic Acid, Biotin and Niacinamide;
 - (b) from about 60 to about 120 mg of a mineral mixture consisting of Iron, Zinc and
 - 25 Magnesium;
 - (c) from about 100 to about 5000 μ g of a mixture of trace elements consisting of Chromium, Copper, Iodine, Selenium and Molybdenum;
 - (d) from about 100 to about 200 mg of DHA; and

(e) a pharmaceutically or dietetically suitable carrier.

13. A pharmaceutical or dietary composition according claim 10 consisting essentially of

- 5 (a) a multi-vitamin mixture consisting of 1.5 to 3.5 mg of β -carotene, 1.0 to 1.8 of mg Vitamin B₁, 1.0 to 1.8 mg of Vitamin B₂, 1.5 to 2.5 mg of Vitamin B₆, 1.0 to 5.0 μ g of Vitamin B₁₂, 60 to 150 mg of Vitamin C, 2.0 to 200 μ g of Vitamin D₃, 15 to 30 mg of Vitamin E, 200 to 1000 μ g of Folic Acid, 10 to 100 μ g of Biotin and 10 to 40 mg of Niacinamide;
- 10 (b) a mineral mixture consisting of 10 to 50 mg of Iron, 5 to 20 mg of Zinc and 1 to 100 mg of Magnesium;
- (b) a mineral mixture consisting of 10 to 50 μ g of Chromium, 0.5 to 1.5 mg of Copper, 50 to 500 μ g of Iodine, 10 to 100 μ g of Molybdenum and 10 to 100 μ g of Selenium;
- 15 (d) 100 to 200 mg of DHA; and
- (e) a pharmaceutically or dietetically suitable carrier.

14. A pharmaceutical or dietary composition according to claim 10 which is in the form of an oblong gelatine capsule having the following dimensions:

- 20 diameter: 7 to 11 mm; and
- length: 21 to 26 mm.

15. A method of supplementing the dietary needs of a pregnant woman, a lactating woman or a woman of childbearing potential who is attempting to become pregnant, said

25 method comprising administering to the woman in need thereof, a dietary supplementing effective amount of a pharmaceutical or dietary composition according to claim 1.

16. A method of supplementing the dietary needs of a pregnant woman, a lactating woman or a woman of childbearing potential who is attempting to become pregnant, said

method comprising administering to the woman in need thereof, a dietary supplementing effective amount of a pharmaceutical or dietary composition according to claim 10.

17. A method of supplementing the dietary needs of a pregnant woman, a lactating woman or a woman of childbearing potential who is attempting to become pregnant, said
5 method comprising administering to the woman in need thereof, a dietary supplementing effective amount of a pharmaceutical or dietary composition according to claim 11.

18. A method of supplementing the dietary needs of a pregnant woman, a lactating woman or a woman of childbearing potential who is attempting to become pregnant, said
10 method comprising administering to the woman in need thereof, a dietary supplementing effective amount of a pharmaceutical or dietary composition according to claim 12.

19. A method of supplementing the dietary needs of a pregnant woman, a lactating woman or a woman of childbearing potential who is attempting to become pregnant, said
15 method comprising administering to the woman in need thereof, a dietary supplementing effective amount of a pharmaceutical or dietary composition according to claim 13.

20. A method of supplementing the dietary needs of a pregnant woman, a lactating woman or a woman of childbearing potential who is attempting to become pregnant, said
20 method comprising administering to the woman in need thereof, a dietary supplementing effective amount of a pharmaceutical or dietary composition according to claim 14.